

Protect Your Vision As You Age

As you age, your risk for some common eye diseases goes up — but vision loss doesn't have to be a normal part of aging. Take action to keep your eyes healthy as you get older.

Get a dilated eye exam

Getting a dilated eye exam is the best way to catch problems early, when they're easier to treat. Talk to your eye doctor about how often you should get your eyes checked.



If you have Medicare, you may be able to get help paying for yearly eye exams. Learn more at nei.nih.gov/Medicare.

More ways to keep your eyes healthy at any age



Eat plenty of dark, leafy greens and fish like salmon, tuna, and halibut.



If you smoke, talk with your doctor about ways to quit. Find more resources to help you stop smoking at smokefree.gov.



When you spend time outside, wear sunglasses and a hat with a brim.



If you have diabetes, manage it by staying physically active, eating healthy, and taking your medicine.

Your risk for these common eye diseases goes up as you get older:

- Age-related macular degeneration
- Cataracts
- Diabetic eye disease
- Glaucoma

Learn more at nei.nih.gov/EyeHealthTips.

